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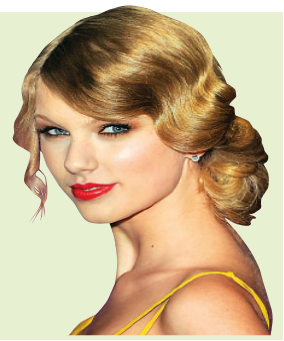
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**CUT STRAIN ON
HOSPITALS: REPORT
DOCTOR CALLS FOR
ER RETHINK** {page 3}



**TAIL 'ER
WHO'S BEEN
SPOTTED OUT
WITH SWIFT?** {page 12}



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Politics. Byelection



► Conservative Leader Jamie Baillie has his hand raised in victory by former Tory cabinet minister Murray Scott last night. Story, page 4.

Baillie headed for legislature

Conservative Leader Jamie Baillie won the byelection for Cumberland South handily, finishing more than 1,100 votes head of second-place finisher Ken Jackson of the Liberals. Baillie has now earned himself a seat in the Nova Scotia legislature, which opens for a new session tomorrow.

Strickland remembered

Rainmen player's life
celebrated at vigil {page 4}

You're in for a mild, mild ride

Metro picks the very best in
bad horror movies {page 11}

Women at Dal secretly filmed: Cops

► Police trying to take footage offline ► More than half of videos show women from waist down, wearing leggings ► Students say city now feels less welcoming



**JON
TATTRIE**
HALIFAX@METRONEWS.CA

Surreptitious video taken of women on the Dalhousie University campus has been posted online, prompting a police investigation.

Halifax Regional Police spokesman Const. Brian Palmeter said a student complained to university security and they passed the concern to police. He said the footage posted on YouTube was taken in public places around the campus.

"Two of the videos are a little more invasive as they show footage focused up women's skirts," he said yesterday.

The video is among 29 similar recordings uploaded to the website.

Police are trying to identify the women in the videos and find out who took and posted the footage. At that point police will consider laying charges, although it wasn't clear if any actions were illegal.

Filming in public, even without the subject's knowledge, is not against Canadian law.

"We view the videos as inappropriate and disconcerting," Palmeter said.

He urged women to be aware of their



**"I am alarmed and disgusted
by it. It's unnerving."**

HAYLAN JACKSON, DALHOUSIE STUDENT

surroundings and notify police if they see suspicious activity.

Dalhousie spokesman Charles Crosby said the university sent out an email security alert to all students. "It's much like with the Sleepwatcher," he said, referring to a series of reports of a man breaking into women's homes to watch them sleep. "The role we can play is to remind people to stay safe and stay aware."

Fourth-year Dalhousie student LeeAnne Smith said the online footage is disturbing, but it shouldn't be sensationalized.

"Are we going to be afraid and not have our freedom on campus?" she said. "I think it comes down to notions of respect and looking out for each other as a community." **WITH FILES FROM THE CANADIAN PRESS**



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Will province flip-flop on ERs?

Health Minister Maureen MacDonald said she will review Dr. John Ross's report on emergency health care, but could not say whether the province will accept any or all of its 26 recommendations.

Ross's report, which outlines sweeping changes to the way health care is provided in the province, also recommends putting an end to 24-7 ER rooms in several smaller hospitals, some of which only see one or

two patients in a night.

Ross said patients in those hospitals would be better served with daytime and evening emergency service, and an increased emphasis on primary care. By eliminating back-shifts in the emergency room, the move would free up more doctors for primary care during the day.

But that's not in keeping with the NDP's 2009 election promise to maintain 24-7 emergency care

— a fact that was not lost on Liberal health critic Dianna Whalen.

"The original promise to keep emergency rooms open 24-7 was never possible and ... we knew that," she said. "I think it points out politically that the NDP in the last election were crass, and they broke another promise."

But MacDonald denied claims of using Ross's report to go back on the now-government's word.

"The recommendations here are for improved access to primary care, improved access for emergency care," she said. "Those are the thrusts of our government's commitments to improve emergency care and improve wait times."

● ALEX BOUTILIER



See the full report at gov.ns.ca/health/emergencycarereport



► Health Minister Maureen MacDonald

1
news



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On the web at metronews.ca

Allan Small says investor eyes should be on China, not the U.S. Federal Reserve. More at metronews.ca/investing

Ross report touts health care rethink

► Enhance primary care to reduce ER strain: Report ► Current system a 'disease-care-non-system': Ross



ALEX BOUTILIER
@METRONEWS.CA

Dr. John Ross's much-anticipated report on emergency care recommends some smaller Nova Scotia hospitals change the way they operate their emergency rooms.

The report, released yesterday, says 12 hospitals in the province should move from offering 24-7 emergency rooms to a collaborative assessment model.

Ross says many patients go to the ER or outpatients by default, rather than seeing a primary care provider like a family doctor. This frustrates doctors and pa-



"People want to have predictable care, whether it be primary care or emergency care, instead of these unplanned, last minute closures (of emergency rooms)."

DR. JOHN ROSS

tients alike, contributing to longer wait times and taking up ER physicians' time.



► People outside the Charles V. Keating Emergency and Trauma Centre at the QEII Health and Sciences Centre yesterday.

The collaborative model brings a team of doctors, nurses and other health providers under one roof to deal with minor injuries or disease. The model Ross

recommends would also close some emergency rooms like Twin Oaks Hospital in Musquodoboit Harbour and Musquodoboit Valley Memorial Hospital

— both within 70 kilometers of a 24-7 ER at the Dartmouth General Hospital.

In the 2009 election, the NDP promised to keep the province's rural ERs open.



'Step forward' for Baillie with byelection win

► New Tory leader wins by over 1,000 votes to earn spot in provincial legislature ► Baillie says he'll hold NDP accountable for 'poor financial management'

Nova Scotia Conservative Leader Jamie Baillie will take a seat in the legislature after winning a provincial byelection yesterday.

Baillie easily defeated his nearest rival, Liberal candidate Ken Jackson, in the vote in the riding of Cumberland South. New Democrat Scott McKee was a distant third.

Baillie said his first priority is to represent the people in his riding, but he also called his victory an important step toward the party's future.

"As someone who wants to be premier some day and represent all of Nova Scotia, this is a good step forward in building a party

Legislature seats

Standings in the 52-seat legislature after the byelection are 31 New Democrats, 12 Liberals, eight Conservatives and one Independent.

that can take on the NDP (government) in the next general election," Baillie said in an interview last night.

The Elections Nova Scotia website showed Baillie took 3,262 votes, followed by Jackson with 2,165 and McKee with 276. It listed the participation rate at 59 per cent.

Baillie said he plans to

take the New Democrats to task on their record after the legislature resumes sitting tomorrow.

"I will be leading the charge for my party and holding them to account for the tax increase, the increase in our debt, their poor financial management and the harmful effect it has had on our economy."

Yesterday's vote became necessary after former Conservative cabinet minister Murray Scott resigned the seat.

Scott, who endorsed Baillie, had represented the riding in the legislature for 12 years.

THE CANADIAN PRESS

Trust created in musician's honour

The mother of Taylor Mitchell, the Toronto songwriter who died in a coyote attack in Cape Breton last year, has established a legacy trust in her daughter's honour.

Mitchell died on Oct. 28, 2009, while hiking. She was

19 years old.

The Taylor Mitchell Legacy Trust will put money toward community outreach to educate the public about habitat preservation, human and wildlife interaction, and safety precautions, according to a

release.

Funds will also be used to promote musical expression in schools and to establish an annual bursary for young musicians administered by the Ontario Council of Folk Musicians.

THE CANADIAN PRESS



► Diakisha Provo signs the memory book at the Halifax Rainmen vigil last night in memory of the late John Strickland.

Fans, teammates hold vigil for Strickland

During his two seasons with the Halifax Rainmen, the late John Strickland never failed to put smiles on the faces of teammates and fans. At a vigil in his memory outside the Metro Centre last night, he continued to do so.

"I'm not gonna shed a tear today," Rainmen owner Andre Livingston told about 50 friends, fans and teammates who looked on holding candles. "While I am sad, I am also happy for

In remembrance

► The Rainmen will retire John Strickland's No. 45 jersey and his favourite saying, "finish your breakfast," will be painted in the team dressing room.

► "He's going to be with us forever," Rainmen forward Eric Crookshank said.

the time we spent with him."

Strickland was found dead in his New York City home on Oct. 6. He was 38.

Laughs echoed through the crowd as those gathered shared stories of the comedic on- and off-court antics that made Strickland a fan favourite.

"He'd celebrate two points and make it look like 50 points," said Rainmen forward Eric Crookshank. "He was beyond a character."

● MATTHEW WUEST



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Saturday, October 30.....9:30am — 6pm
Sunday, October 31.....10am — 4pm

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www.handcraftersguild.ca



Cops find firearm near murder scene

► Four days into investigation police have no motive in the killing of Donald Smith ► Murder was HRM's ninth in 2010, second in two weeks



**PHILIP
CROUCHER**
@METRONEWS.CA

Halifax Regional Police are investigating whether a firearm found near where a pizza delivery driver was shot is the weapon used to kill him.

Donald Chad Smith, a 27-year-old from Windsor Junction, was found outside of 15 Joseph Young St. in Highfield Park just before 9:30 p.m. on Saturday suffering from a single gunshot wound. He was pronounced dead at the scene.

On Sunday night, police say investigators recovered a firearm in the wooded area behind apartment buildings at nearby Farthington Place.

"We are not releasing any other information other than to say it was a firearm," said police spokesman Const. Brian Palmeter.

"We are currently in the process of trying to determine if the weapon was involved or connected to the homicide."

Police are also trying to locate a red full-size SUV with chrome rims, similar

Info

► Anyone with information is asked to contact police at 490-5333 or Crime Stoppers at 1-800-222-8477 or online at crimestoppers.ns.ca.

to an Escalade. Police say the vehicle was seen driving around the area around the time of the shooting, with loud music on.

"At this point, we don't know if there's a connection with this vehicle," Palmer said. "It was seen

driving in the area right before the shooting and it was not seen afterwards."

Smith was delivering for Panada Pizza, where he just started on a part-time basis. He was shot outside the apartment complex before making the delivery.

Police said the order was called in from an outdoor payphone on nearby Highfield Park Drive between Joseph Young Street and Burnside Drive.

Police still don't know the identity of the person who made the call or whether the call is connected to the case.

DARRELL OAKE/FOR METRO



► Police on the scene where on Saturday night a 27-year-old pizza delivery driver was shot dead outside an apartment complex in Highfield Park.

SYDNEY

Teacher charged in assault

A teacher at Etoile de l'Acadie in Sydney has been suspended from his position after being charged with sexual assault.

Michel Joseph Aubin Vienneau, 43, of Howie Centre, was arrested without incident Sunday after a 32-year-old woman complained to

police she was sexually assaulted by the math and science teacher.

He is also charged with assault and unlawful confinement.

The incident is alleged to have occurred at the school at about 7:30 p.m. Saturday. A spokesperson for the Conseil Scolaire Acadien Provincial told reporters yesterday no students were involved in the case. Police have said while both Vienneau and the alleged victim knew each other, they were not involved in any relationship. **CAPE BRETON POST**

Tougher DUI laws in effect

It takes time

► Experts say coffee and cold showers won't sober you up — only time reduces your blood-alcohol level.

Nova Scotia drivers who blow just under the legal limit behind the wheel will now lose their licence for a week, up from a 24-hour suspension, as tougher provincial laws went into effect yesterday.

A second offence showing a blood-alcohol level between 0.05 and 0.08 earns a 15-day suspension, and a third earns 30 days plus a \$89.63 licence-recovery fee.

The criminal code applies to levels of 0.08 and

above.

"This is just another tool we can use to keep individuals off the roads who might be drinking," said RCMP spokesman Cpl. Joe Taplin.

● **JON TATTIE**

St. John's cracks down on recycling collectors

One man's trash may be another man's treasure.

But, in St. John's, N.L., those picking through recycling bags are starting to annoy the neighbours.

The city is following up on complaints that some

people are ripping up bags left at curbside and removing items that can be redeemed for cash.

Coun. Debbie Hanlon says some of the complainants have described the collectors as "worse than the gulls."

Paul Mackey, director of public works, says they are monitoring the situation and have already spoken to some individuals. He says they intend to pursue the matter, including possible penalties. **THE CANADIAN PRESS**



Auditor slams Tories' helicopter program

▶ Report accuses defence planners of misleading Treasury Board

Auditor General Sheila Fraser carpet bombed National Defence and Public Works yesterday for huge cost overruns and delays in the purchase of new military helicopters — but the real damage could be to the Harper government's planned stealth-fighter program.

The auditor's scathing analysis of programs to buy choppers for maritime patrol and army battlefield operations was the highlight of Fraser's fall report, and critics were quick to link the embarrassment to the plan to spend \$16 billion on the F-35 Lightning II. **THE CANADIAN PRESS**

Budget buster

Fraser's audit found the total cost of buying 28 Cyclone helicopters to replace the antique Sea King fleet will likely top \$5.7 billion and come in seven years late.

In 2003, Paul Martin's Liberals pegged the program at \$2.8 billion.

\$2.9B The final bill for the 15 Chinook battlefield helicopters is expected to be \$4.9 billion — \$2.9 billion more than the initial estimate in 2006.



► Auditor General Sheila Fraser holds a news conference on Parliament Hill yesterday after the release of her fall report

Border agency too easy on importers?

Canada's auditor general says the federal government may be missing out on collecting millions in duties and taxes on imports.

Sheila Fraser says the Canada Border Service Agency relies on importers to calculate what they owe, but doesn't have a system to measure whether those calculations are accurate.

She says the agency is moving to improve its verification system although all the rules won't be in place until next spring.

Fraser doesn't provide an

overall estimate of potential lost revenues.

She does say that the agency conducted 2,700 verifications in 2009-2010, which covered about three per cent of the value of imports that year, and assessed \$59 million in extra duties and taxes.

The report says the agency should improve its monitoring systems to ensure that those additional fees actually get paid.

The agency agreed with Fraser's recommendations.

THE CANADIAN PRESS

Audit praises charity rules

Sheila Fraser says the Canada Revenue Agency is doing a good job riding herd on registered charities. It's thorough in its monitoring of more than 85,000 charities and the \$2.4 billion in tax breaks generated by donations.

Her report says the agency has good rules in place to govern how charities get registered.

THE CANADIAN PRESS

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Eruption, tsunami kill Indonesians

► Police and volunteers were shown pulling at least 14 ash-covered bodies and carrying them to vehicles

A volcanic eruption and a tsunami killed scores of people hundreds of miles apart in Indonesia — spasms from the Pacific Ring of Fire, which spawns disasters from deep within the Earth.

Yesterday's eruption of Mount Merapi killed at least 18 people, forced thousands to flee down its slopes and spewed burning ash and smoke high into the air on the island of Java.

Meanwhile, off the coast of Sumatra, about 1,300 kilometres west of the volcano, rescuers battled rough seas to reach Indonesia's Mentawai islands, where a 10-foot

Quake
The quake, just 20 kilometres beneath the ocean floor, was followed by at least 14 aftershocks, the largest measuring 6.2, according to the U.S. Geological Survey.

tsunami triggered by an earthquake Monday night swept away hundreds of homes, killing at least 113 villagers, said Mujiarto of the Health Ministry's crisis centre. Up to 500 others are missing.

The twin disasters happened hours apart in one

of the most seismically active regions on the planet.

Scientists have warned that pressure building beneath Merapi's lava dome could trigger its most powerful explosion in years.

But Gede Swantika, a government volcanologist, expressed hope the 2,968-metre mountain, which sent rocks and debris cascading down its southern slope, could be releasing steam slowly.

"It's too early to know for sure," he said, adding that a big blast could still be coming. "But if it continues like this for a while, we are looking at a slow, long eruption."

THE ASSOCIATED PRESS



Waiting on Thunder

Today's photo of the day is by Canadian tlm178 and was submitted in the emotions category. The photo is titled: Tension (Waiting on Thunder). Enter your photos today and view more pictures at metrophotochallenge.ca.



Fewer gun homicides in '09: Report

A new study says there were fewer firearm-related homicides last year.

Police reported 179 of Canada's 610 homicides were committed with a

firearm in 2009; that's 21 fewer than in 2008.

THE ASSOCIATED PRESS

Iran starts up new nuclear power plant

Iran began the process of loading 163 fuel rods into the reactor core of its first nuclear power plant yesterday, celebrating the achievement as proof that Tehran can outmanoeuvre international sanctions.

The plant, built with Russian help in the southern port city of Bushehr, is not among the aspects of Iran's nuclear program that are of top concern to the international community and is not directly subject to

sanctions. It has international approval and is supervised by the UN's nuclear monitoring agency.

Nevertheless, Iran has touted its startup as an act of defiance and has held up the plant as evidence that it has only peaceful nuclear intentions.

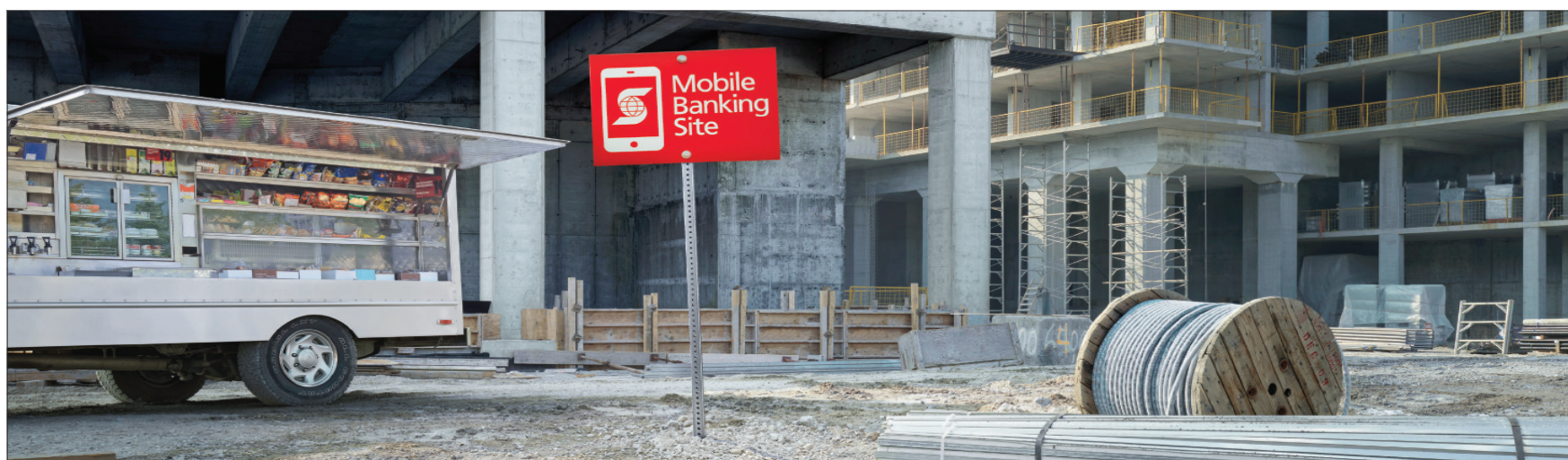
The U.S. and some of its allies believe Bushehr and Iran's other civil nuclear work is providing cover for a secret weapons program.

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Your Council. Your Say.

HRM's District Boundary Review

Polling District Review

The Halifax Regional Municipality is required to review polling districts and district boundaries in HRM prior to the 2012 Municipal Elections. Based on growth in HRM and where growth is occurring, and in order to comply with the legislated requirement to maintain voter parity, some changes to polling district boundaries will be required.

Public Consultation on polling district boundary changes will allow the public to review the proposed changes and make comment prior to HRM's final submission to the Nova Scotia Utility and Review Board by December 31, 2010. Details of the proposed boundaries will be presented at the public meetings (listed below) or can be viewed on line **commencing Monday, October 25, 2010** by visiting HRM's web site at www.halifax.ca/boundaryreview.

When & Where?

Date	Location
Wednesday, November 3, 2010 7:00 p.m.	Cole Harbour Place, Westphal Room 51 Forest Hills Parkway, Dartmouth
Wednesday, November 3, 2010 7:00 p.m.	Halifax West School Cafeteria 283 Thomas Raddall Drive, Halifax
Thursday, November 4, 2010 7:00 p.m.	St. Andrews Centre, Seniors Room 6955 Bayers Road, Halifax
Monday, November 8, 2010 7:00 p.m.	Basinview Drive Community School 273 Basinview Drive, Bedford
Monday, November 8, 2010 7:00 p.m.	Dartmouth High School, Cafeteria 95 Victoria Road, Dartmouth
Wednesday, November 10, 2010 7:30 p.m. (Please note time)	St. Margaret's Centre, Multi-Purpose Room 12 Westwood Blvd, Upper Tantallon
Wednesday, November 10, 2010 7:00 p.m.	Gordon Snow Community Centre, Multi-Purpose Room 1359 Fall River Road, Fall River

Unable to Attend a Meeting?

If you are unable to attend any of the scheduled meetings you can still view the proposed boundaries on line at www.halifax.ca/boundaryreview (commencing Monday, October 25, 2010) and provide your comments by:



Email:
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Fax:
490-4208



or **Writing to:**
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PO Box 1749, Halifax, NS
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A121 6912

Rogers Q3 profits drop by a quarter

- Fewer new wireless subscribers compared to last year
- Company spent more to retain existing customers

Rogers Communications Inc. profits dropped by 24 per cent in the third quarter as it battled stiffer competition in the wireless market, spending more money on its smartphone customers.

Net income for the giant wireless, cable and media company weakened to \$370 million, or 64 cents per share, in the three month period ended Sept. 30. That's down from \$485 million, or 79 cents per share, in the same period a year ago.

Rogers said yesterday that heightened competition in the overall

market resulted in fewer net subscriber additions of 125,000 to its wireless services, compared with 167,000 in the same quarter last year.

Chief executive Nadir Mohamed said new wireless players have had "for the most part, fairly limited impact."

Wind Mobile, Public Mobile, Mobilicity and Quebecor's have all launched in recent months.

In late morning trading yesterday, Rogers' shares slipped 5.6 per cent, or \$2.31, to \$39 on the Toronto Stock Exchange.

THE CANADIAN PRESS

Company profile

Rogers is Canada's largest wireless provider.

► **Brands** The company has the Rogers Wireless and Fido brands as well as the talk-and-text brand, Chatr.

► **Services** Rogers provides cable, Internet, phone, specialty and conventional television services.

► **Assets** The company owns radio and TV stations, publishes a stable of magazines and owns the Toronto Blue Jays.

China. Train



► A journalist photographs the bullet trains of a new high-speed railway linking Shanghai with Hangzhou yesterday in Shanghai, China.

ELAINE KURTENBACH/THE ASSOCIATED PRESS

China steps up its train game

The efforts to develop China's own ultra high speed rail technology is a showcase project nearly on a par with the country's space program in terms of national pride and importance. Railway officials recently announced they were working on technology to boost speeds to over 500 km/h.

Putting the Sony Walkman to bed

The Walkman, the Sony cassette device that forever changed music listening before becoming outdated by digital MP3 players and iPods, has died. It was 31 years old.

Sony announced Monday that it has ceased production of the classic, cassette tape Walkman in Japan, effectively sounding the death knell of the once iconic, now obsolete device.

The Walkman is survived by the Discman (still clinging to life) and ironic music listeners who



think using a Walkman in this day-and-age is charmingly out-of-touch.

It will continue to be produced in China and distributed in the U.S., Europe and some Asian countries.

THE ASSOCIATED PRESS

Market moment

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WALKMAN: GETTY IMAGES


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DIRTY BUSINESS OF 'GREENWASHING'

Just sayin'

PAUL SULLIVAN



It ain't easy being green.

Or maybe it's too easy. According to one source, 95.6 per cent of all "green" consumer products make at least one dubious claim about their environmental purity.

Quick, point me to the aisle where they keep the other 4.4 per cent.

It's called "greenwashing" and it's out of control if you believe an environmental marketing firm called TerraChoice.

It's even worse for baby products: 99.2 per cent. These people are picking on infants. If there's a hell, there's a green room just for these guys.

We've seen all this before. Remember, in no particular order:

Non-fat; low cholesterol; vitamin C; low carbs; and the granddaddy of them all, low tar and nicotine cigarettes. They're good for you.

Part of this is wishful thinking on our part. Oh, look, green detergent! The planet is safe!

Mostly, it's opportunistic liars trying to pull a fast one. They'll try anything: Fake labels that make it look as if the product has been given some green housekeeping seal of approval. Or proudly announce their product is CFC-free. Of course it is. CFCs are banned.

I could go on. The list is endless.

And if that's not bad enough, there's this blogger who is making headlines across the country.

Vivian Krause, who has been following the money, says Canadian environmental groups are mere branch plants of giant U.S. foundations that have decided to go to war against the Alberta oilsands.

"Mostly, it's opportunistic liars trying to pull a fast one."

We hear from Greenpeace and the Sierra Club, but we don't hear that dozens of Canadian organizations have received millions from one source, San Francisco-based Tides U.S. And that's only part of a multimillion-dollar effort targeted at the tarsands and pipeline projects by a few huge U.S. foundations.

One whopping grant, \$27.6 million, went to "mobilize First Nations against climate change in B.C." by hiring a co-ordinator

to "engage with government, industry, environmental groups, media and the public regarding the proposed Enbridge Gateway tarsands pipeline." Where do I apply?

Who are these guys and why are they bankrolling Canada's environmental movement? Because it's easier than cleaning up their own backyard? Only Krause seems to know. Look her up at www.fair-questions.com.

My point is simple. Of course we want to save the planet for our children. But we need to trust those who would speak on behalf of our hopes and fears.

There's nothing green about the same old BS.



Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER

SOMETHING IS NOT RIGHT HERE:



Panda proliferation

Worth mentioning

China's panda population is booming this year thanks to a record number of births in captivity, a rare accomplishment for the endangered species known for being poor breeders.

The most recent addition — the birth of female twins — brought the total number of births this year to 19, surpassing the record of 18 births in 2006, Tang Chunxiang, an expert at the Wolong Panda reserve in Sichuan province, said yesterday.

Giant panda "Yo Yo" gave birth to healthy twins at the reserve last week.

Tang attributed this year's record number of

Baby boom



THE ASSOCIATED PRESS FILE

births to better research on panda nutrition, artificial insemination, genetics and creating a more natural habitat for the pandas in which to thrive.

Pandas are threatened by a loss of habitat, poaching and a low reproduction rate. Females in the wild normally have a cub once every two or three years. Fertility rates

of captive giant pandas are even lower, experts say. Only about 1,600 pandas live in the wild, mostly in Sichuan in southwest China. Through artificial insemination, researchers have been able to increase the number of pandas in captivity to more than 300 — a number experts say should remain steady.

THE ASSOCIATED PRESS

Should we get rid of the penny? Why or why not?

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Metro Minute with the Mooseheads

The Halifax Mooseheads are playing their best hockey during the work week, which means good things could be on the horizon tonight as the Herd hosts the Gatineau Olympiques at 7.

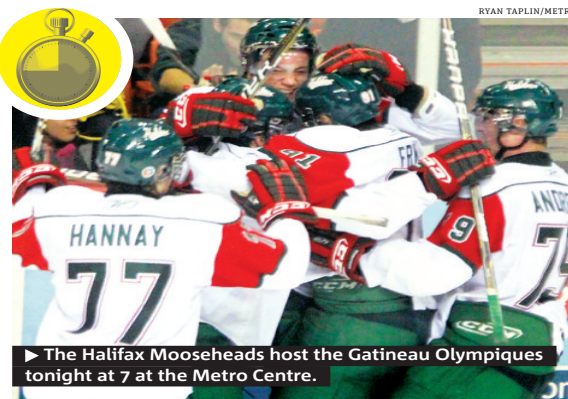
Halifax is a perfect 3-0 on non-weekend games, including a 3-2 home victory over the Bathurst Titan last Tuesday at the Metro

Centre.

The Mooseheads go into tonight's game off two disappointing weekend losses at home — including a 7-2 drubbing against the Cape Breton Screaming Eagles last Friday night.

Tickets are \$15.75 for adults, \$12.75 for seniors, \$10.75 for students and \$9 for youth 12 and younger.

● METRO



RYAN TAPLIN/METRO

► The Halifax Mooseheads host the Gatineau Olympiques tonight at 7 at the Metro Centre.

2
scene

News in brief



No need for time travel for Michael J. Fox. The actor says he's happy with his life just the way it is.

In fact, Fox says if he could jump in a DeLorean time machine — like his Back to the Future character Marty McFly — and share any advice, he would say “keep doing what you’re doing.” Fox says the role brought him to where he is now and he “wouldn’t want to be anywhere else.”

Fox marked the 25th anniversary of Back to the Future at an event Monday in New York City.

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Kevin Costner to host CMT's salute to country music's artists of the year

The best in
bad horror

Halloween is a holiday practically designed for horror movie fanatics, but if paralyzing yourself with fear while surrounded by friends, salty snacks, and soda doesn't sound like the ideal way of celebrating the holiday, then fear not.

There is another way. Sometimes it can be just

as entertaining to laugh at an unimaginably bad horror film as it is to be scared by an effective one. With that in mind, we'd like to make a few suggestions for unintentionally comedic horror movies sure to have you giggling like a trick 'r treat on a sugar high this Halloween. ● PHIL BROWN

**Troll 2**

This nearly incomprehensible movie about a family terrorized by a group of vegetarian goblins who can be defeated by bologna sandwiches has deservedly become a cult classic.

**Killer Clowns From Outerspace:**

The title says it all. It's physically impossible to have a bad time watching this.

**Carny**

This direct to DVD circus-demon-on-the-run horror movie may have only been released last year, but earned a spot on the list for its laughable CGI, brutal dialogue (“Mister, you told me that monster was safe.”), and a career worst performance from Lou Diamond Phillips. There might not be a cult audience for this cinematic toilet just yet, but give it time.

**Ed Wood**

The man universally accepted as the worst director of all time deserves a special spot on this list for a career dedicated to z-movie dreck like 1955's Bride Of The Monster. His cinematic failures have proven to last longer than many successes from his era thanks to Wood's charming combination of undeterred confidence, determination, and a vacuum of talent. Cardboard gravestones, flying saucers hanging from strings, transvestites, and Bela Lugosi. Ed Wood movies have it all.

**Troma**

Finally, if you can't decide on a specific terrible title, you can't go wrong with anything from schlock-master Lloyd Kaufman's trash factory Troma Entertainment. Everything this company has released would fit the bill from The Toxic Avenger to Killer Condom or even the South Park creators' film debut Cannibal: The Musical. No one has more fun lowering the bar than Uncle Lloyd.

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▶ Jessica Simpson

Simpson happy with new BF

Jessica Simpson is totally smitten with new boyfriend Eric Johnson, and she wants everyone to know about it.

"He definitely makes me very happy. He brings out a lot of light in me and makes me very comfortable being who I am," she tells USA Today. And though she's been divorced once before, she hasn't been put off tying the knot completely.

"I am from the South so I've definitely dreamed of being married my whole life and having children, so hopefully that's in my future," she says.

● METRO

Taylor, Jake seen in NYC together

► Songstress and Brokeback Mountain actor showed up at SNL ► Then seen the next day having brunch

Taylor Swift has reportedly been getting cozy with Jake Gyllenhaal while in New York, showing up at Saturday Night Live together last weekend to cheer on pal Emma Stone, according to People magazine.

"They walked around together backstage, but they were careful not to be seen too close.

"It was hard to tell if they were together, but everyone was shocked that she brought him," a source says, adding that they were spotted in Brooklyn the next morning having brunch with another couple and strolling around the neighbourhood.

● METRO



▶ Taylor Swift

Carey to have a boy, sources say

Speculation about Mariah Carey's pregnancy has reached a fever pitch, with sources now telling HollyBaby that not only is the singer expecting, but she already knows the baby's sex.

"She's having a boy, but the reason that

Mariah didn't want to say anything is because she is 40, and she's superstitious," the source says.

"But she's going to appear on Oprah and The View, so she's planning on making the announce-

ment soon." ● METRO



Celebrity tweets



William Shatner
[@William Shatner]

Don't get in a 1500lb pumpkin. When you emerge you'll be out of your gourd. My best, Bill



Sarah Silverman
[@SarahK Silverman]

I'm starting a campaign called Naps for Jesus. So basically every time I take a nap, it'll be for Jesus.



Ryan Seacrest
[@Ryan Seacrest]

Grabbed italian food and stopped in at blockbuster to buy it's complicated on dvd not gonna lie got some gummy bears too!



Justin Bieber
[@justin bieber] time to workout

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► In the words of the song, the Windy City has razzmatazz and all that jazz ► But it's the restaurants that have travellers singing its praises

PHOTOS: GIZELLE LAU



► From spicy pork rinds served in a giant cone, to crispy fried sweetbreads and deep-dish pizzas, Chicago is a happening town — for foodies.

It's your kind of food town, Chicago

GIZELLE LAU
TRAVEL@METRONEWS.CA

So you're visiting Chicago and a meal at just any American food chain won't do? Okay, here are five of the most unique restaurants Chicago offers.

Deep-Dish Pizza

There's no going to Chicago without a deep-dish pizza. Every Chicagoan has their favourite, but you can't go wrong with these classic

spots: Pizzeria Uno or Due, Lou Malnati's, Giordano's Pizza, Pequod's Pizza or Gi-no's East. Be prepared to wait in line during peak times or order ahead for pickup. Dinner for two: \$30-40 with drinks.

Publican Restaurant

One of the hippest new spots in Chicago, is an ode to local foods. It's busy day and night — offering a great drinks menu, daily specials and staples such as spicy pork rinds served

in a giant cone; a plate of aged ham with samples from Spain, Iowa and Virginia; creamy, crispy fried sweetbreads; or a pig's head. Order a lot and share with friends. Dinner for two: \$100 with drinks.

Hot Doug's

This is no regular hot dog place. Any time during opening hours, there's a one-hour lineup around the building. The menu offers more than a dozen of

the wildest hot dogs — such as a foie gras and sauternes duck sausage dog; a spicy Thai chicken sausage; blue cheese pork sausage; smoked shrimp and pork sausage; or the Game of the Week dog with meats like crocodile and ostrich. Meal for two: \$30 with drinks.

Frontera Grill

One of the city's best-loved restaurants for its creamy guacamoles, refreshing ceviches and grilled meats.

Meal for two: \$100 with drinks.

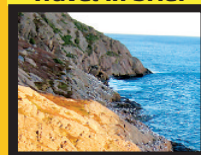
Vie Restaurant

It is in the small town of Western Springs, a 30-minute train ride from downtown. Chef Paul Virant uses ingredients from local farms to create some of the most inventive dishes in the Chicago area. A meal here is around \$150 for dinner for two — but it's a steal because of the quality of the food.

3

life

Travel in brief



National Geographic Traveler magazine has selected Newfoundland's Avalon Peninsula as its top rated coastal destination. The magazine's November issue says the peninsula, is a "blustery realm" that is home to "brightly painted fishing villages and the lively city of St. John's." It says visiting the Avalon is "like going back in time — close-knit communities, a strong local culture reflected in music and art, and unspoiled scenery."

THE CANADIAN PRESS



Where Google won't work, state tourism bureaus use social networks to attract visitors.

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Pet-friendly destinations

► What you need to know when travelling with your dog ► Make sure to plan ahead before leaving

JESSICA LEWIS
TRAVEL@METRONEWS.CA

Do you shake with excitement when you think about taking your pet on vacation with you this winter? It's possible, but with extra care and lots of time to plan ahead.

Websites such as DogFriendly.com prepare databases of hotels, resorts and cities that will be best fit for your animal.

In fact, this site publishes an annual top 10 most dog-friendly cities, determined by a staff of researchers.

"The criteria is the quality of the accommodations, beaches, parks, attractions, dining, stores and other things to do with your dog," says co-editor Len Kain, who believes that the site also can help

with cats, birds and maybe even snakes.

But according to Kain, dogs are about 85 per cent of the travelling animals, at least in the U.S. And while in planning mode, there are certain safety precautions to take note of.

"You have to watch for extreme temperatures," he says, as with fur, dogs can dehydrate quickly. "You also want to look for outdoor places, because that's where the dog is most likely to be allowed to go to."

For travelling procedures, you should check on the weight limits and rates for your pet with a transportation service or accommodations.

Also, make sure they've received the proper health care, including shots, especially if travelling to coun-



tries such as Mexico. "There are a lot of parasites that aren't really in

the U.S. and Canada that you have to watch for," says Kain.

"With the much warmer climate and it's not as well kept."

Destinations

Here are five warm pet-friendly U.S. destinations. With each, there are plenty of hotels, parks and restaurants with outdoor patios:

- **San Diego, California** Visit the dog beach in Ocean Beach or Fiesta Island in Mission Bay. Shop through Horton Plaza Shopping Centre.
- **Austin, Texas** Admire the Zilker Botanical Gardens. Visit an array of off-leash dog parks.
- **San Francisco, California** View the Golden Gate Bridge from Baker Beach or Golden Gate Park.
- **Orlando, Florida** Visit the Winter Park shopping district. Go on a Big Toho Airboat Ride.
- **St. Augustine, Florida** Check out the Fountain of Youth park or take a ride on the Scenic Cruise.



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MONTEGO BAY

Your trip starts here

Your first taste of sunny Jamaica may just be Montego Bay. One of the island's top 'launch points' for tours and shopping trips, Montego Bay is also home to Sangster International Airport. Which means, from the moment you touch down on Jamaica's north coast, you'll know nothing in the nation is far from reach.

And there's a lot to do in Jamaica. Tourism is the country's number one industry; hospitality is a national tradition and variety

is everything—the island boasts more than 150 attractions, many of them easily accessible from your beach-fronted, mountain-backed rooms in Montego Bay.

You can take it easy if you want. Many a tourist has relaxed with a horseback ride along the sea (or in it); they've traversed Jamaica's splendid rivers in tubes, kayaks or guided rafts; snorkeled and dived; strolled its plantations and parks, apprehended its waterfalls, all within comfortable distance of a hotel area. Montego Bay is also one of the world's foremost destinations for golf.

But Montego Bay's also your gateway to big adventure. Maybe a Blue Mountain

Bicycle Tour's your real speed: riding downhill while taking in Jamaica's best mountain views. You can rent an ATV or dune buggy and see the island that way, too. A 4x4 jeep can get you a close look at Jamaica's forests. And if you're really up for a good time, try a guided 'canopy tour'—crossing between platforms suspended among the trees through a system of pulleys on horizontal cables.

These trips are a great way to spend your energy, but they needn't bring your day to an end. Many of the area's resorts offer

unique amenities only steps from your door. If you're staying at Sunset Jamaica Grande Resort, for example, you can regain your speed with a trip down one of the property's two 18-m (60-ft) tall water slides. The enclosed slide ends in a swimming pool; the open slide deposits you right in the Caribbean Sea. For a more adult-oriented evening, plan a stay at Secrets St. James, with its nightly themed parties, live entertainment, and oceanfront bars. Pool and beach wait-service included, of course.

Nothing's too far away in Montego Bay

Photos: Jamaica Tourist Board

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Beantown tourist mecca was once a marsh

Fort Point Channel was once nothing but swamp-land and tidal marsh.

In the 19th century, it became an industrial centre, warehousing wool from around New England.

Today, the 22-hectare landmark district abutting South Boston has reinvented itself as an artists' colony, complete with lofts, studios, galleries and museums.

Many of them are located in the distinctive red-and-yellow brick-and-granite buildings that once housed factories.

The revitalization of Fort Point Channel, located near South Station, has brought trendy restaurants, bars and of course tourists, making the neighbourhood a new destination with a long history that even includes a connection to the Tea Party

"It's very tranquil, very tranquil. As you can see, the birds are going to come up and sit with you."

SUE SCHMIDT, VISITING FROM CHICAGO

— the original one, that is, from 1773.

Sue and Bob Schmidt, exploring the neighbourhood on a visit from Chicago, sat in a waterfront plaza in the area sipping coffee as a couple of pigeons pecked on crumbs under their table and seagulls perched on a nearby railing.

"People are very friendly and everything is quaint and easily accessible," Sue said.

Fort Point Channel's transition from

industrial to up-and-coming has taken place over the past three decades.

About 300 artists live in the area now, one of the highest concentrations in New England, said Gabrielle Schaffner of Fort Point Arts Community, a non-profit group run by members of the neighbourhood creative community.

The artists hold open houses during the Fort Point Open Studios weekend, drawing thousands of visitors twice a year.

In addition to being an

attractive destination for art enthusiasts, the area lures families, shoppers, diners, history buffs and others seeking alternatives to the cobbled alleys of Beacon Hill, the Freedom Trail, Faneuil Hall and other Boston locations.

One of Fort Point Channel's newest galleries is located in the headquarters of Grand Circle Corp., a travel tour company.

The gallery offers vintage

travel posters commemorating the so-called Golden Age of Travel, the era before the Second World War when travel was a romantic experience and travellers dressed up for trips on ocean liners and trains.

Other exhibits at the gallery include stunning aerial photography by Bradford Washburn, a mountaineer and cartographer.

A five-minute walk from Fort Point Channel, visitors will find the Institute of Contemporary Art, a waterfront museum conceived as a laboratory for promoting innovative ap-

proaches to art.

In the works for 2012 is a \$25-million museum and three replica ships commemorating the Boston Tea Party, when colonists disguised as Indians stormed a British ship and dumped crates of tea into the water to protest taxes.

Historians believe the episode took place in Fort Point Channel.

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PHOTOS: ADAM HUNGER/THE ASSOCIATED PRESS

Not kids' stuff

The Boston Children's Museum is one of Fort Point Channel's prime attractions.

- ▶ The museum offers interactive, hands-on and creative exhibits, including a three-storey climbing structure made up of curved platforms rising up a glass lobby with a panoramic view of downtown Boston.
- ▶ "It's pretty vibrant and I like the way it's integrated into the port. You can see out," said Madeline LaPlante, 24, visiting from Indianapolis.

▶ The Boston Children's Museum is a must-see in Fort Point Channel. If you visit, be sure to check out its soaring glass lobby.

Take learning out of the classroom

RAF BRUSILOV
LIFE@METRONEWS.CA

Sometimes what you learn outside of the classroom is just as important as what you learn within it.

While the meaty parts of knowledge often take root in the lecture hall, extra-curricular activities not only help you



▶ Extra-curricular activities not only help students learn life skills, they can also make them a more appealing hire.

learn crucial life skills but also can make you a more appealing hire.

Post-secondary institutions are also interested in extra-curricular activities because they want to invite students who've shown they are more likely to succeed.

"Don't think of it in terms of getting into university, think of it in terms of skills we all need to be

successful in life. Things like being able to work in a team, leadership, those are skills that will serve you well and they're the kinds of things we look for in the admissions process," said Andrew Arida, associate director of enrolment at the University of British Columbia.

Meg

O'Mahony, a high school biology teacher at the University of Toronto Schools (UTS), has helped students from her Grade 10 and 11 classes get involved in the Canon Envirothon competition in order to give them experience in the way real-world issues are dealt with.

The extra-curricular program is one of North America's largest high school environmental competitions which challenges students on their problem-solving, teamwork and knowledge skills to deal with problems like a groundwater shortage or long-term river erosion.

"It's a good resume thing but I also see some nice changes in the students themselves. Good general learning in terms of problem solving is the best kind of experience you can get. It's phenom-

nal what students come up with," O'Mahony said.

Once in university, don't let the classroom be your only destination.

Glen Weppeler, director of student community life at Ryerson University, says Ryerson makes it a priority to offer students a wealth of extra-curricular options to expand themselves.

"Our goal is to encourage students to get involved," Weppeler said.

Employers tend to look favourably upon leadership and real-world experiences so taking on some meaningful, out-of-classroom commitments can be powerful way to stand out from the crowd.

Since January 2009 at the University of Calgary, new students to the campus have had the option of hav-

ing all their extra-curricular activities recognized and tracked on an official co-curricular record.

The document includes activities verified by the university such as varsity clubs, student government and volunteer activities and students can apply to have activities which aren't listed included as well.

The co-curricular record also tracks hours spent, making it an ideal way for employers to track a student's experience in a particular activity. "These sorts of things give students really practical skills they can bring to employers," said UCal vice-provost of students Ann Tierney.



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India's cram-school dreams

▶ Good test results can propel students up the country's social ladder

The teenage boy, with his gentle smile and scraggle of whiskers, stands in the fading light of the day and talks about the college entrance exam that he is certain will change his life.

His name is Vijay Singh. He has been studying since long before dawn, as he has done every day since he arrived in Kota, India, a low-slung city of high-school dreamers on the edge of India's northern deserts.

Three months ago he left home, effectively dropped

out of high school and entered a highly competitive Kota cram school. For eight months he will study — every morning, every night, every day of the week — for a six-hour test. If he does well, it will propel him up the Indian social ladder.

His target is the Joint Entrance Examination, a multiple-choice test that teases young Indians with the golden ticket of this country's educational system: acceptance to the impossibly exclusive Indian Institutes

of Technology.

Imagine the entire Ivy League distilled into one small network of colleges. Imagine tens of millions of parents dreaming from their children's birth about the joy of acceptance. Imagine if there was no reliable second tier of science-oriented schools. That is the IIT.

Every year, more than 450,000 students take the IIT exam, hoping for entry to the hallowed public engineering institutes scattered

across India.

Slightly more than 13,000 passed in 2010, a three per cent success rate that makes Harvard, with its seven per cent acceptance, look like a safety school.

And for generations, there was little surprise about who got in.

But over the past two decades, cracks have developed in India's centuries-old social system, forced open by one of the world's strongest economies.



SAURABH DAS/THE ASSOCIATED PRESS

Today, in a country where 300 million people live on less than \$1 a day, the economy is growing at nearly nine per cent and the rich shop for Porsches and Louis Vuitton purses. The number of Indian million-

aires jumped by 51 per cent last year, reaching more than 127,000.

A few dalits, as India's lowest-caste "untouchables" are now known, have reached corporate boardrooms. **THE ASSOCIATED PRESS**

Take work home with you

► Half of Canadians want the option to work from home, poll suggests



JON TATTRIE
LIFE@METRONEWS.CA

With summer vacation memories fading in the face of winter's frozen approach, 53 per cent of Canadian workers want a work-from-home option

to avoid long commutes and increase productivity, according to a recent Workopolis survey.

Andrea Garson, vice-president of human resources, says giving employees the option to work from home one or two days a week can boost

Five Tips

1. Employees should treat the home office as a regular office. No personal visits, no domestic chores. TD Bank employee Joan Goodman says if you wouldn't do it at the head office, don't do it at the home office.
2. Pick the right tasks. Goodman says projects requiring quiet concentration are best, but those requiring group meetings are not ideal.

3. Keep open communications. Phone, email, instant messaging and Skype can all be deployed to keep a remote employee in close touch with the office.
4. Employers should create a work-from-home program so staff can apply for it in a transparent fashion, not on an ad-hoc basis.

5. Both sides should mix home days with office days to maintain corporate culture.

morale, increase productivity and reduce environmental impact.

"It helps people get a sense that they're more in control of their lives," she says from Halifax.

The call for change is driven by technological advances that have made work-from-home more feasible and younger workers who tend to be

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long hours at the office in favour of a better work-life balance, Garson says.

"To be competitive in this marketplace, (companies) are going to have to start offering work-from-home," says Garson, who works from home on Wednesdays. She suggests

employees shouldn't expect the option from the start, but both sides have to first build up trust.

Peter McAdam, vice-president of employee experience at TD Bank, says working from home is part of its range of flex options. A small number of staff are exclusively based at a home office, but a more common pattern is to work at the office some

of the week and from home the rest.

"Like other employers, we're looking to respond to our changing workforce," he says. To get the top talent, especially the top young talent, TD needs to offer the most flexible work packages, he says.

Just knowing the work-from-home option is available improves morale, even if workers don't take it up, McAdam says. "There are a lot of business wins," he says.

Joan Goodman, an executive with TD Bank, works three days a week at the Toronto office and one day a week at her Oakville, Ont., home. "The advantage for me is not having to commute, being around when my kids get home from school and I also find it incredibly productive," she says. It has also allowed TD to retain a valued employee, rather than lose her because of rigid policies.



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Our recruiting is for Canadian residents - we are not hiring Foreign Workers at this time.

OFF-DUTY MISCONDUCT CAN BE CAUSE FOR CONCERN

Employees who believe they are immune from discipline for their conduct away from the office are often sadly mistaken. Where off-duty behaviour becomes cause for an employer's concern, employees ought not to be surprised when it follows them back to their desk. Here are some examples.

- Blog postings made on an employee's own personal time can come back to haunt the employee. Just ask Linda Clark, who lost her job because her employer, a retirement home, came across a blog she wrote with postings that expressed her disdain for the residents and management. It didn't matter that Clark had created and maintained her blog at home or that she intended for it to be private; its connection to the workplace was obvious and any member of the public could view it.

- Pictures or postings on Facebook, MySpace or YouTube are fair game for employers' supervision where indiscriminate content impacts, or potentially impacts, a company's reputation. It seldom matters when the postings were cre-

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ated or even if the employee doesn't access these websites from work. If the content can even be construed as having a connection to the workplace, discipline is often upheld by the courts.

- Allegations of criminal conduct occurring away from the workplace can sometimes amount to cause for dismissal. Philip Kelly unsuccessfully sued Guelph auto parts manufacturer Linamar Corp. for wrongful dismissal after it fired him for cause following publicized but unproven criminal charges of possessing child pornography on his personal computer at home. The court agreed with Linamar because of the potential damage to its reputation.

- Where off-duty conduct creates a serious conflict of interest with the work of the organization, discipline can be upheld. In

"Canadian courts have little tolerance for employees whose habits expose their companies to liabilities. They can be fired — often without notice."

a notorious Canadian case, a CIBC bank teller was fired after her employer learned that she was living with a convicted bank robber. In this case, actual harm was unnecessary; it was the potential for harm that was sufficient.

These examples ought to give employees pause. Canadian courts have little tolerance for employees whose habits expose their companies to liabilities. They can be fired — often without notice.

RICHARD DREW/THE ASSOCIATED PRESS



► Rachael Ray has a new cookbook out titled, Rachael Ray's Look + Cook.

Ray keeps on stirring the pot

► Nine years after she emerged as a Food Network personality, Rachael Ray shows no signs of slowing

It's a bit of this and a dash of that that makes Rachael Ray's daytime talk show.

On a recent day of back-to-back tapings, she cooked up a chicken-and-porcini shepherd's pie, chatted with Harry Hamlin and Lisa Rinna about marriage and squeezed in plugs for other parts of her lifestyle empire: The new cooking show, the new cookbook and the Thanksgiving issue of her magazine.

Nine years after breaking out as a Food Network personality, Ray is an established star who still keeps stirring the pot.

She has 18 cookbooks and an iPhone app. But mostly she has her TV shows. In addition to her

talk show, her original 30 Minute Meals is still in production, as is the new Rachael Ray's Week in a Day on the Cooking Channel.

Repetition clearly hasn't dimmed her enthusiasm. On a recent day of filming at a Manhattan studio made to look like an urban loft, she segued breezily from cooking dishes to dishing about Dancing with the Stars. Young aides in T-shirts printed with "Yum-O" and "EVOO" bustled during breaks to prep the kitchen set. The pace never slowed, even after a broken boot heel forced Ray to hobble around.

"I'm 42 and I feel healthier than I did 10 years ago,"

she said. "Maybe 52, I'll have more energy than 42."

Ray debuted on the Food Network with 30-Minute Meals in 2001. Viewers warmed to the unpretentious daughter of parents who ran several family-style restaurants on Cape Cod, Mass., before she moved to upstate New York.

Her new cookbook, Rachael Ray's Look + Cook, is loaded with pictures and is friendly to visual learners. Buyers of the book also will have access to exclusive web videos of Ray cooking the dishes. The videos will show that — yes — her meals really can be made in 30 minutes.

THE ASSOCIATED PRESS

SHEPHERD'S PIE STUFFED POTATOES

Preparation:

1 Heat oven to 200 C (400 F). On a rimmed baking sheet, roll potatoes in a hearty drizzle of olive oil and some salt. Bake until tender, about 1 hour, then let cool. Switch on the broiler.

2 While potatoes cool, in a medium skillet over medium, heat 15 ml (1 tbsp) of the olive oil. Add bell pepper and half of the onion and sauté to soften for 5 minutes, then set aside to cool.

3 When potatoes are cool enough to handle, cut a thin top slice off each potato. In a bowl, combine bell pepper and onion mixture, sour cream, smoked paprika, half of the Gouda, salt and pepper. Scoop flesh from each potato into bowl and mash. Set aside.

4 Meanwhile, in a large skillet over medium-high, heat remaining 30 ml olive oil. Add ground sirloin and brown for 5 to 6 minutes, stirring to break up any lumps. Add mushrooms; cook 4 to 5 minutes more.

5 Add remaining onion and garlic and cook for another 5 minutes. Push all of the ingredients to the edge of the pan and add butter to middle of skillet. Sprinkle flour over melted butter and cook for about 1 minute. Whisk in stock, mustard, soy sauce and Worcestershire. Bring to a bubble, combine with meat, salt and pepper and simmer 2 to 3 minutes.

6 Fill potato shells with beef and veggie mixture, then top each of them with reserved mashed potatoes. Transfer to a baking sheet and sprinkle with

Ingredients :

- 6 large russet potatoes
- 45 ml extra-virgin olive oil
- Salt and pepper to taste
- 1/2 red bell pepper chopped
- 1 medium onion chopped
- 125 ml sour cream
- 15 ml smoked paprika
- 250 ml shredded smoked Gouda cheese
- 500 g ground sirloin
- 250 g button or cremini mushrooms, quartered
- 2 chopped garlic cloves
- 30 ml butter
- 30 ml all-purpose flour
- 375 ml beef stock
- 30 ml spicy Dijon mustard
- 30 ml soy sauce
- 15 ml Worcestershire sauce

remaining cheese. Pop potatoes under broiler until cheese is melted, 1 to 2 minutes.

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4 sports

Moose news

Steve Gillard

The Halifax Mooseheads defenceman is expected to be healthy and ready to go tonight when the Gatineau Olympiques visit the Metro Centre at 7 p.m. He injured his back Saturday after being hit hard into the boards.



Gabriel Desjardins

The speedy Halifax Mooseheads forward is expected to remain out with a variety of injuries for tonight's game. Fellow forward Luca Ciampini (concussion) also won't play.

Rainmen re-sign pair of all-stars

The Halifax Rainmen have laid the groundwork for their 2011 starting lineup.

Although neither move was a huge surprise, the Rainmen announced yesterday the re-signing of forward Eric Crookshank and three-point ace Desmond Ferguson.

The duo joins point guard Taliek Brown, a newcomer who once starred for the 2004 NCAA champion Connecticut Huskies, as the players the

Rainmen have signed for the upcoming Premier Basketball League campaign.

"You want to have some really good veterans and we're excited to bring back two guys who were all-stars last year," said owner Andre Levingston. "With the younger guys we're looking to bring in, they'll be able to help teach them."

Ferguson, a one-time Portland Trail Blazer, was

74-of-173 from three-point range last season, averaging 16.6 points per game.

Crookshank has appeared in 62 games with the Rainmen and is the only player who has been around since the franchise's first game. He averaged 14.5 points and 13 rebounds last season.

The Rainmen open training camp Nov. 23 and tentatively plan to hold it at Moncton Coliseum.

● MATTHEW WUEST



► Desmond Ferguson, right, drives the lane last season.

Russell accepts role of assistant coach

- In addition to GM duties, Russell will again be behind the bench
- Will work with D and PK unit



MATTHEW WUEST
@METRONEWS.CA

Cam Russell will remain behind the Halifax Mooseheads' bench.

Russell, who was pushed out of his job as head coach last week when majority owner Bobby Smith took over those duties, decided yesterday to accept Smith's offer to remain as an assistant coach.

"We both agreed this was the best thing for the team," Smith said. "He's going to have plenty of responsibility and plenty of input."

Russell, who also continues as general manager, will miss today's 7 p.m. home tilt against the Gatineau Olympiques but will join the Mooseheads on the road Friday against the P.E.I. Rocket.

"He's a real asset. We have an obligation to help our players become as good as they can and Cam is better suited than anybody to work with the D."

BOBBY SMITH ON CAM RUSSELL

Chris Donnelly remains in his role as associate coach while assistant coach Jason Troini will move to the press box because "four is too many behind the bench," according to Smith.

Russell, a former NHL blue-liner who won 117 of 290 games as a head coach over more than four seasons, will work primarily with the team's defence corps and penalty-killing unit.



► Cam Russell during his time as Mooseheads head coach.

Huskies grab No. 9 spot on list

The Saint Mary's Huskies continue to creep back onto the national radar.

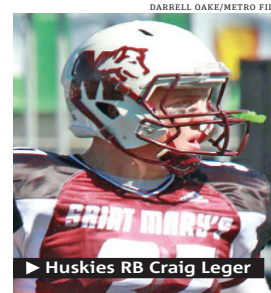
The Huskies, who were off the Canadian Interuniversity Sport ranking for six weeks before reappearing at No. 10 last week, checked in on the latest list at No. 9.

The team has reeled off four straight victories after a lacklustre 0-3 start and is in position to earn a first-round bye heading into the final game of the regular

55 Number of times the top-ranked Laval Rouge et Or have been ranked No. 1 in the CIS over the past 59 weeks.

season Saturday at 2 p.m. in Wolfville against Acadia, live on EastLink. The teams have a 1-1 head-to-head record. The Huskies have not lost twice in one season to the Axemen since 1997.

● METRO



► Huskies RB Craig Leger

Sports in brief

Leger nabs weekly award

AUS FOOTBALL. Saint Mary's Huskies running back Craig Leger has been named Atlantic University Sport football offensive player of the week after last weekend's 172-yard, one-touchdown effort. Jahmeek Taylor took the special teams honour for the third time this

season after accumulating 263 all-purpose yards last weekend.

Huskies net No. 5 rank

AUS HOCKEY. The Saint Mary's Huskies (2-1) held steady at No. 5 on Canadian Interuniversity Sport's latest men's hockey ranking. Also ranked from the AUS is New Brunswick, at third, and St. Francis Xavier, at fourth. ● METRO



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[illegible]

- Chevy makes a big small-car move with Cruze, its quietest compact ever
- Roomier than its predecessor, it offers a big-car feel on the road



► The 2011 Chevrolet Cruze LTZ offers up a lot of torque.

Chevy Cruze is made for cruising

MICHAEL GOETZ
DRIVE@METRONEWS.CA

I'm a little worried about the spelling department over at GM. Who authorized Cruze over Cruise? But I'm not going to let it get me down, because this is a great little car. Well, actually, not so little...

Cruze is one of the bigger "compact" contenders, a segment that includes Toyota Corolla, Honda Civic and Ford Focus.

Not only is it way roomier

than its predecessor (Chevrolet Cobalt), its demeanor is more like that of a larger and more upscale vessel.

All this became apparent moments after we drove off with this Cruze LTZ test vehicle.

The top-shelf LTZ model lists for \$24,780 and is packing all the goodies in the Cruze catalogue, such as sport suspension, remote starter, Bluetooth, On Star with "directions and connections," USB port, 17-inch wheels and

nine-speaker stereo.

But even the base LS (\$14,995) has lots of standard kit: 6-speed manual transmission, stability and traction control, ABS, power windows and locks, and 10 air bags (but no a/c).

Only LS models feature the 136-hp 1.8-litre I4 engine. LT, LTZ and an upcoming super-efficient Eco model, feature a nifty and all-new turbo 1.4-litre I4, with variable valve timing and variable flow oil pump, producing 138 hp and 148 lb-ft of torque.

(Unlike Ford, GM's new turbo does not feature direct injection.)

A big console separates the two front seats to impart a "twin cockpit" theme.

The two-tone leather seats hug your butt in good way, the leather-wrapped steering wheel is irresistible to fondle, and the burnished aluminum trim throughout the interior is easy on the eyes.

And things are refined and quiet. The new electric speed-sensitive steering

Multi-cultural

Cruze may be brand new to North America, but it is a well-traveled citizen of the world.

- Currently sold in more than 60 countries, it is easily Chevrolet's best-selling nameplate globally.
- It's manufactured in the U.S., China, India, Russia, South Korea and Kazakhstan.
- The architecture (Delta II) under Cruze was developed by GM's Korean arm, Daewoo, with refinement by its European arm, Opel.
- The Korean version of Cruze (called Lacetti) actually hit the streets back in 2009, while the European-market Cruze and its Opel equivalent (Astra) hit the streets in 2009.

system has a "natural" feel, and combined with a taut chassis, the Cruze is, well, made for cruising.

The only dissenting thoughts are that the Cruze could have been a bit more visually arresting and given us more back-seat knee room.

5

drive

Up and down

Re-Dymaxion

Architect Norman Foster has recreated the historic three-wheeler Dymaxion designed by his mentor, Buckminster Fuller.



BMW drivers

BMW drivers are the most likely to be obnoxious on the road, according to a survey of 3,000 motorists conducted by gocompare.com.

► METRO



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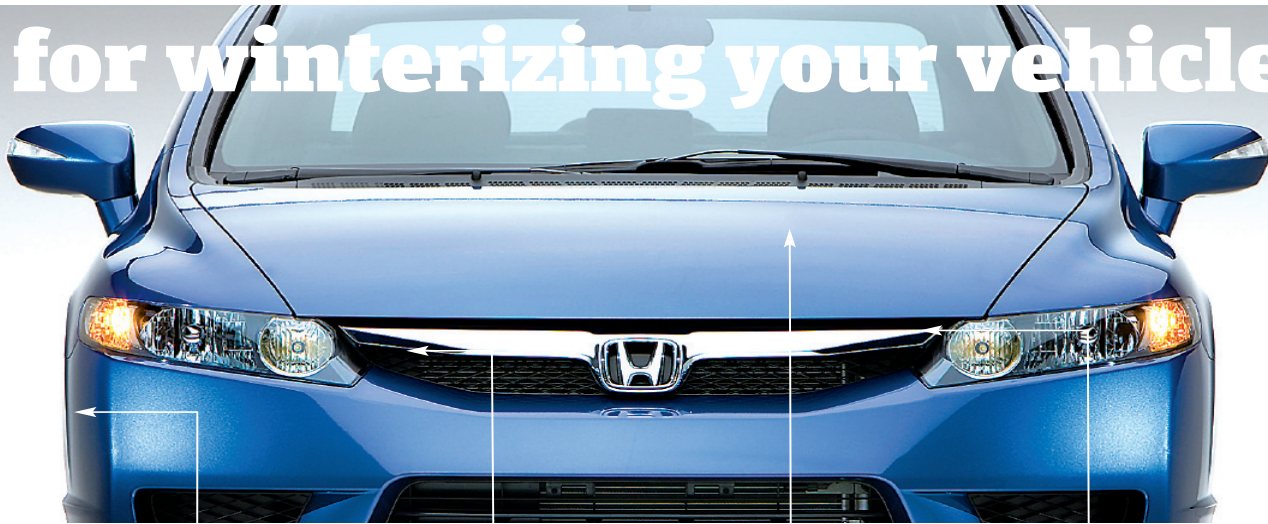
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* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.

Tips for winterizing your vehicle



With summer in the rear-view mirror and Jack Frost knocking at the door, it's time to think about winterizing your car — before you see the first snowflakes falling. Here are some winterizing tips from Bill Hume, vice-president of Hankook Tire Canada, and Henry Blumenthal, chief underwriter with TD Insurance.

NEWS CANADA

Invest in winter tires. Consider investing in winter tires or replacing your all-seasons. Worn, bald or badly aligned or balanced tires can mean accidents on ice, rain or snow, says Blumenthal. By paying just a few more dollars, you will be saving in the long term. In addition, winter tires are mandatory in some provinces.

Change your oil. The change in seasonal temperatures may also dictate changing to a thinner viscosity engine oil to more efficiently lubricate moving parts in colder conditions, says Hume. Check your car's owner manual for fluid recommendations.

Check your wiper blades. Typically winter means reduced visibility, says Blumenthal. Check your wiper blades and invest in winter windshield washer fluid — it won't freeze when you need it the most.

Check your battery. With cold weather comes increased power demands: defrosters, windshield wipers and heating systems can really take a toll on your car battery, says Hume. If you notice that your vehicle's headlights get brighter once you start the engine, more extensive battery tests may be needed.

A few more tips:

► **Blumenthal:** Pack an emergency kit for your trunk, including items you would need if you were stranded, such as blankets, candles and a first-aid kit.

► **Hume:** Stay alert, slow down and stay in control — the three key elements of safe winter driving.

Get Ready for Winter

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WINTER TIRE TIPS

- **Don't get caught with summer tires on.** Winter tires should be installed when the temperature is around 7°C
- **Four winter tires** are recommended by Transport Canada and the Rubber Association of Canada to help maintain control and stability in icy conditions.
- **Mixing tires** with different tread patterns, internal construction, and size degrades the stability of the vehicle and should be avoided.
- **As a tire wears, snow traction is reduced.** Tires that are worn close to the tread-wear indicators have reduced traction.

TIRE SPECIALS

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[illegible]

Is antifreeze getting you heated?

Misleading by name, yet vital to the life of your car, antifreeze/coolant plays a critical role year-round in the healthy function of your vehicle, providing protection against overheating in the hot summer months as well as freeze protection in the cold winter. Jay Buckley, technical

training manager for Honeywell Consumer Products Group, answers the top antifreeze questions on consumers' minds.

When do I need to have my antifreeze/coolant changed?

Change intervals can vary from vehicle to vehicle,

from every 2 to 5 years, or 58,000-240,000 kilometres, whichever comes first. Always consult your owner's manual for the proper change interval for your specific vehicle.

Is a flush necessary when changing my antifreeze/coolant?

When changing coolant, it's smart to do a complete flush. Just draining the system will not remove all of the coolant. If a full flush can't be carried out, then the proper amount of a fully concentrated coolant should be added into the system before adding water. This will ensure the

cooling system is completely full with the proper mixture of antifreeze/coolant and water. Make sure all the air is out of the system to avoid corrosion.

Question: How do I "top up" my antifreeze/coolant?

Nearly all vehicles today are equipped with a pressurized coolant recovery system. Part of this system is a plastic coolant expansion tank. It is usually located near the front of the engine compartment and is pressurized and connect-

ed to the rest of cooling system with a hose. You can monitor the coolant level by observing the coolant level in the expansion tank, and top up if necessary, according to instructions provided by the vehicle manufacturer in the owner's manual or by the coolant supplier on the antifreeze/coolant label. Just be sure not to remove the expansion tank cap or the actual radiator cap when the engine is hot. Doing so can result in burns from the hot coolant/water mixture and/or steam. **NEWS CANADA**

MIGHTY AUTO

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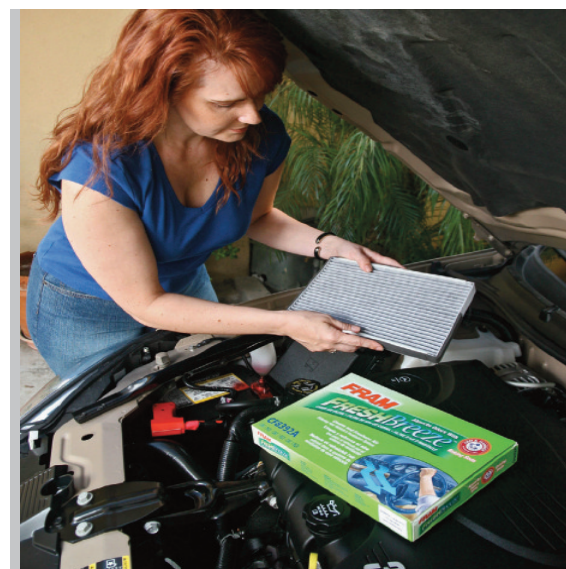
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Ridin' clean



▶ A cabin air filter will help clear the air in your auto, and more

According to an industry study, 95 percent of vehicle owners are concerned about air quality inside their car.

Taking it a step further, beyond helping to keep the cabin air clean and allergen levels low, did you know that a cabin air filter also helps protect (and maintains optimal performance of) the vehicle's heating and air conditioning system?

The cabin air filter represents one of the automotive hot buttons for consumers, as it helps clean the air they breathe and keep their ventilation system in working order.

When the heating and air conditioning system become congested with particles, typically from an old or faulty cabin air filter, it's

susceptible to debris, dirt and corrosion. The more clogged the filter, the less efficient it will be, as it has to work harder to move air in and out.

Regarding installation, refer to your owner's manual to see where the cabin air filter is located, and either you or your mechanic can put the new one in.

Additionally, most cabin air filter manufacturers include instructions on replacement directly on the packaging.

You may not think your vehicle has a cabin air filter, but they have become standard equipment in most vehicles during the last 20 years.

More information on this topic can be found online at fram.com.

NEWS CANADA

Goodyear gets reactive

► New Winter Reactive Technology is designed for a variety of conditions, from snow to cold pavement

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONews.CA

There's a reason why winter tires aren't called "snow" tires anymore: They're designed to work in a variety of conditions, including ice, water and cold dry pavement.

It's the result of a number of technologies packed into each tire, many of which come together in Goodyear's new Winter Reactive Technology, or WRT. It was recently introduced on Ultra Ice Grip WRT tires for light trucks, SUVs and crossovers.

WRT includes a new rubber compound, unidirectional tread and two designs of special "blades," which are micro-grooves in the tire's tread.

"Everything's a combination," says Mike Cosentino, category manager for consumer tires with Goodyear Canada.

"The winter compound is designed to keep pliable in good temperatures, while the blades are constantly moving as the tire's going around to help with traction."

Each of the blade designs has a specific func-

tion. The two-dimensional blades open as they touch the asphalt, providing more rubber surface to help the tire grip the road during acceleration or braking.

Since the winter-specific rubber compound is relatively soft, three-dimensional blades near the edges of the tire use Goodyear's proprietary TredLock Technology, locking together to provide more rigid support when turning a corner.

"They're like Lego blocks that open and close," Cosentino says.

Goodyear plans on extending the WRT technology to passenger car tires next year.



► Goodyear's tread pattern design quickly channels away slush and water.

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- Service of callipers, mounts and sliders
- Add brake fluid as required
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FOR ONLY

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- Up to 87 point inspection, including air filter (clogged air filter reduces fuel economy), steering and suspension components, battery test and report on findings

\$59⁹⁹ No-extra-charge changeover for winter tires and wheels with the purchase of The Works package

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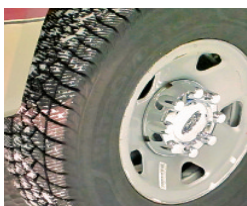
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All-season tires



- By itself, rubber tends to get hard in cold weather and soft in hot weather.
- That's the opposite of what you want in a tire, so rubber is blended with other ingredients into compounds appropriate for these temperatures.
- So-called "all-season" tires are a compromise between summer and winter tires.
- Below just 7C, they lose their grip and are inferior to winter-specific tires, even on dry pavement.

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- JRDN - U Can Have It All
- Far East Movement - Like A G6
- Katy Perry - Teenage Dream
- Ke\$ha - We R Who We R
- Bruno Mars - Just The Way You Are
- Nelly - Just A Dream

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2nd Annual Great Pumpkin CARVING CoNTEST



Carvers, grab your pumpkins!

The 2nd Annual Great Pumpkin Carving Contest for the IWK is here again. The entry fee per team is a minimum donation of \$40.

DATE: Oct 28th 2010
TIME: 2:00pm – 4:00pm
LOCATION: Scotia Square Food Court

Register your team by Oct 27nd at carvingcontest.ca



SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The last-generation Nissan Pathfinder was popular with Canadian families as an SUV that wasn't afraid to roll up its sleeves and get dirty.

On sale from 1996 until 2004, the last-generation Pathfinder was eventually replaced for the 2005 model year. In 2001, Nissan updated and facelifted their ute, adding new styling cues and power from a new engine.

The post-2001 Pathfinder will be the main focus of this review—though much of the information applies to all models.

Pathfinders built after 2001 got between 240 and 250 horsepower from a 3.5 litre V6 which is highly acclaimed in the owners community. Most say the

The specs

▶ **MODEL** 1996 to 2004
Nissan Pathfinder
▶ **VEHICLE TYPE** 4x4 SUV
▶ **APPROXIMATE USED PRICE RANGE** \$2,000 to \$13,000

engine is plenty peppy, comfortable towing, and relatively decent on fuel, too.

What owners like

Last-generation Pathfinder owners typically rave about the looks, power, ride quality and comfort levels of their machines. Off-road prowess, noise levels and overall driving confidence are highly rated, too.

What owners hate

Common last-generation Pathfinder complaints tend to centre around limited head and legroom, and a 'slippery' rear-end in two-wheel drive on wet or snowy surfaces. Finally,

numerous owners gripe about having to feed their Pathfinders pricier premium fuel.

Common issues

On a test-drive, be sure to scrutinize the condition of the used Pathfinder candidate's leather seating (if equipped) for rips and tears. Ensure proper and relatively quick operation of all power windows, the CD player, and especially, the CD changer on higher-end models.

Be sure the 4x4 system's various modes can be easily engaged and disengaged as explained in the owner's manual, too.

The verdict

A clean and well cared-for Pathfinder should prove a rewarding driving machine both on the road and off. Shoppers who find their ideal Pathfinder candidate will likely join a happy and proud community of Nissan truck owners.

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Soul 4u shown



Sorento EX-V6
Luxury shown



Sportage EX
Luxury shown



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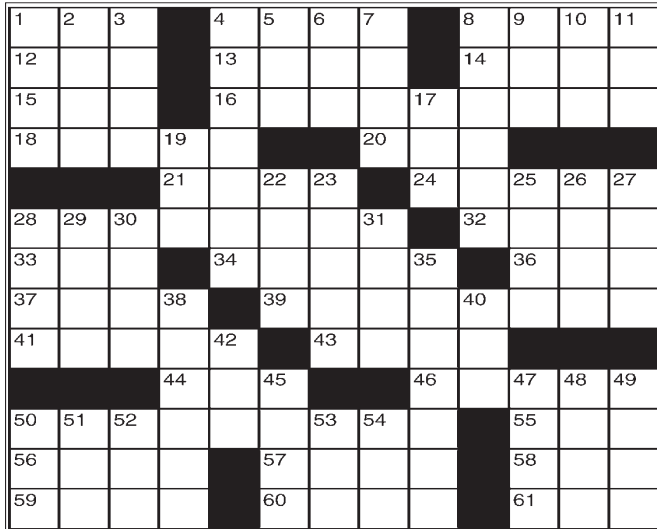
Crossword

Across

1 Craze
4 Touch
8 Exposed
12 Call — day
13 Legal worker, for short
14 Grad
15 Doughnut shop qty.
16 Steakhouse entrees
18 Last letter
20 Wapiti
21 Historic times
24 Doc
28 Workplace for TV's Det. Mac Taylor
32 Puerto —
33 Old nuke org.
34 "Mean Girls" actress
36 Put on
37 Bridge coup
39 Central or Mountain, e.g.
41 Church council
43 Contemptible
44 Floral garland
46 — Hold 'Em
50 Paperback Western, often
55 Trench
56 Mid-month date
57 Greet silently
58 Took a meal
59 Admonisher's word
60 Scored 100 on
61 — Kippur

Down

1 Loyal pooch
2 Teensy bit
3 Stun
4 Garb

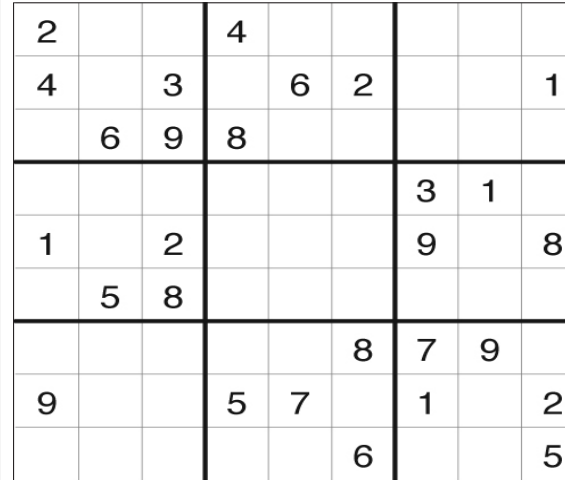


5 Tavern
6 Swiss canton
7 Domesticated
8 Popular game show host Bob
9 Foreman foe
10 Massage
11 Type squares
17 Freddy Krueger's street
19 Jewel
22 Oodles
23 Master, in old India
25 Queen of Carthage
26 PC picture
27 Scoop holder
28 Mama — Elliot
29 Depend (on)
30 " — see clearly now, ..."
31 Crimson Tide
35 Got snug and cozy
38 Harass
40 Last letter
42 Hideaway
45 Corn Belt state
47 MRI forerunner
48 Car
49 Rose feature
50 Accomplished
51 Altar affirmative
52 Chaps
53 Carpet cleaner, for short
54 Cain's mom

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	6	2	1	3	9	4	7	8
7	3	4	2	6	8	5	9	1
9	1	8	4	5	7	3	2	6
1	4	7	8	2	3	6	5	9
8	5	6	9	7	4	1	3	2
2	9	3	5	1	6	8	4	7
3	8	5	6	9	2	7	1	4
4	7	9	3	8	1	2	6	5
6	2	1	7	4	5	9	8	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Pee Wee, Wishing you a Very Happy Birthday on Oct 27th. You are the apple of my life, and the sunshine in my smile. You're the BEST daughter a Mom could ask for. Loving you forever and ever!
MOM

Kitten breath, Love you babe from puppy face.
XOXOXO

Oh please stay with me Diana! My heart is filled with recent Mexico memories & you always deliver the parts to my heart! Let's continue to travel down the UofA - LRT road together. I know I like to stir the pot. I'm pretty sure you are the only one that will have me. At least that is what my friends at Timmies tell me! Let me buy you that beautiful diamond ring. I promise to be good.
LOVE, YOUR GRANTY WAANTY!

Today's horoscope

♈ Aries March 21-April 20
With Saturn moving slowly but relentlessly through the partnership area of your chart you must expect the occasional clash of egos. Think of it as a test to see how you react.

♉ Taurus April 21-May 21
You may feel a bit run down today but that is to be expected seeing as how hard you have been pushing yourself in recent weeks. Maybe it would be wise to cut back on your commitments a bit.

♊ Gemini May 22-June 21
A creative activity has ground to a halt and no matter how hard you try you can't seem to get it moving again. Take the hint and leave it for a while. Maybe it's just that you're overtaxed.

♋ Cancer June 22-July 22
Forget about personal issues today and focus on your material situation. Are you earning enough money? Are you happy with what you possess? If not it may be time for a change of direction. What can you do to kick-start your career?

♌ Leo July 23-Aug. 23
Travel plans may be disrupted today, so don't promise others that you will be at a certain place at a certain time because it may not be possible.

♍ Virgo Aug. 24-Sept. 22
Has your golden touch deserted you? Maybe it has, for a while, but don't make a big issue of it because luck, like everything else in life, goes through recurring phases.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23
There have been times of late when you felt a bit lost, as if you were not quite sure where you belonged. Saturn in your sign is certainly taking away some of your anchors but your foundations are still strong.

♏ Scorpio Oct. 24-Nov. 22
You have a tendency to fear the worst and with Saturn moving through the most sensitive area of your chart your anxieties have a mind of their own.

♐ Sagittarius Nov. 23-Dec. 21
It may seem as if someone has turned against you but don't be too sure. According to the planets they are still as loyal as ever but they need to juggle their commitments.

♑ Capricorn Dec. 22-Jan. 20
No one does tough as well as Capricorn and cosmic activity in the career area of your chart means you'll get both jeers and cheers over the next 24 hours.

♒ Aquarius Jan. 21-Feb. 18
All your doubts and fears will be swept away when Mars moves into one of the more positive areas of your chart. One particular friend will inspire you to be amazing.

♓ Pisces Feb. 19-March 20
Don't give away too many secrets. You may like to gossip but if you say too much about other people today you may accidentally say too much about yourself as well.

● SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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WICKED SCARY DEALS



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*MSRP of \$23,995 on 2011 Legacy 2.5i (BA1-25). Lease the Legacy BA1-25 for \$359 per month for 48 months with \$0 down, 4.9% lease rate, \$0 Security Deposit. Option to purchase at end of lease at \$12,156. MSRP of \$20,995 on 2011 Impreza 2.5i 4-door (BF1-BP). Lease the Impreza BF1-BP for \$299 per month for 36 months with \$0 down, 2.9% lease rate, \$0 Security Deposit. Option to purchase at end of lease at \$13,429. Taxes, license, registration, fees and insurance, freight and PDI \$1525 are extra. Dealers may sell or lease for less or may have to order or trade. Offers available until October 31, 2010. Offers applicable on approved credit at participating dealers only. Lease based on a maximum of 24,000 km per year, with excess charged at \$0.10/km. Leasing and financing programs available through Subaru Financial Services by TCCI. Other lease rates and terms available; down payment or equivalent trade-in may be required. Vehicles shown solely for purposes of illustration, and may not be equipped exactly as shown. See your local Subaru dealer for complete program details.



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² Airtime charges may apply.

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